



Stopping Smoking and Weight Gain

Facts about Smoking, Quitting, And Gaining Weight

- ♦ Weight gain varies for each person; although, the average person gains less than 10 lbs.
 - ♦ Women tend to gain slightly more weight than men.
 - ♦ African Americans, people under age 55, and heavy smokers are at greater risk for major weight gain.
 - ♦ Each individual's personal experience may be different.
 - ♦ The weight gained is a minor health risk compared to the risks of smoking.
 - ♦ Exercising, getting enough sleep, and eating healthy can help.
 - ♦ Eating plenty of fruits, vegetables, whole grain cereals & pasta, and avoiding a lot of fat can help.
 - ♦ Avoid alcohol consumption, which can increase weight and also trigger a desire to smoke
 - ♦ In addition, nicotine gum appears to help prevent or delay weight gain.
 - ♦ Looking good is a lot more than how much you weigh.
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Focus on quitting before worrying about possible weight gain!!!